

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and the device consisting essentially of a normally non-rotatable weight positioned at the second end of the handle while the first end of the handle remains free weight free, the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the hand-held implement wherein the positioning of the normally non-rotatable weight and the sizing of the circumference of the handle are configured to direct the effect of the normally non-rotatable weight in a concentrated manner to the forearms of the user.

42. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein a center of mass of the device is less than about 13 inches from the first end of the handle.

23. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein a center of mass of the device is positioned within the normally non-rotatable weight.

34. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the normally non-rotatable weight has a diameter of less than about 4 inches.

45. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the normally non-rotatable weight has a length of less than about 4 inches.

56. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the device weights more than the hand-held implement used in the sport.

67. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein one of the handle and normally non-rotatable weight includes an externally threaded portion, and wherein the other of the handle and normally non-rotatable weight includes an internally threaded socket.

78. (Currently Amended) The sport-specific training and conditioning device according to claim 7 wherein the handle includes an externally threaded portion and the normally non-rotatable weight includes an internally threaded socket.

~~89~~. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a bat.

~~910~~. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a racket.

~~1011~~. (Currently Amended) The sport-specific training and conditioning device according to claim 10 wherein the grip is shaped like the grip portion of a tennis racket.

~~1112~~. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a golf club.

~~1213~~. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the handle is like the grip portion of a hockey stick.

~~1314~~. (Currently Amended) The sport-specific training and conditioning device according to claim 1 wherein the handle is less than about 10 inches long.

~~1415~~. (Currently Amended) A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like a grip portion of a golf club, the handle having first and second ends, and the device consisting essentially of a normally non-rotatable weight positioned at the second end of the handle while the first end remains weight free, the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the golf club wherein the positioning of the normally non-rotatable weight and

the sizing of the circumference of the handle are configured to direct the effect of the normally non-rotatable weight in a concentrated manner to the forearms of the user.

4516. (Currently Amended) The sport-specific training and conditioning device according to claim 15 wherein a center of mass of the device is positioned within the normally non-rotatable weight.

4617. (Currently Amended) A method of training and conditioning for a sport that uses a hand-held implement having a grip portion, the method comprising grasping a device comprising a handle shaped like the grip portion of the implement, the handle having a first and second ends, and the device consisting essentially of a uniformly shaped and a normally non-rotatable weight positioned at the second end of the handle, a center of mass of the device being positioned within the ~~uniform~~ uniformly shaped and normally non-rotatable weight, the handle having a circumference sized between about ten and about thirty percent larger than the grip portion of the hand-held implement wherein the positioning of the uniformly shaped and normally non-rotatable weight and the sizing of the circumference of the handle are configured to direct the effect of the uniformly shaped and normally non-rotatable weight in a concentrated manner to the forearms of the user, and swinging the device to train and condition the forearms.